

A young woman with her hair in a bun, sitting on a bed, looking distressed with her hands on her face and chest.

Have you ever felt  
breathless even while  
talking?

Or tense and exhausted for  
no clear reason?



# Deep Breathing Exercise (Benefits. How. When)

“Try this 10-minute  
breathing reset.

Not a productivity hack,  
just a gentle way  
to come back to yourself.”

# Why It Works?



Deep, slower breathing...  
supports steadier oxygen flow  
and helps your body  
feel more balanced.

And when you slow the  
exhale...  
your nervous system gets a  
chance to soften and settle.

# Mental Shifts

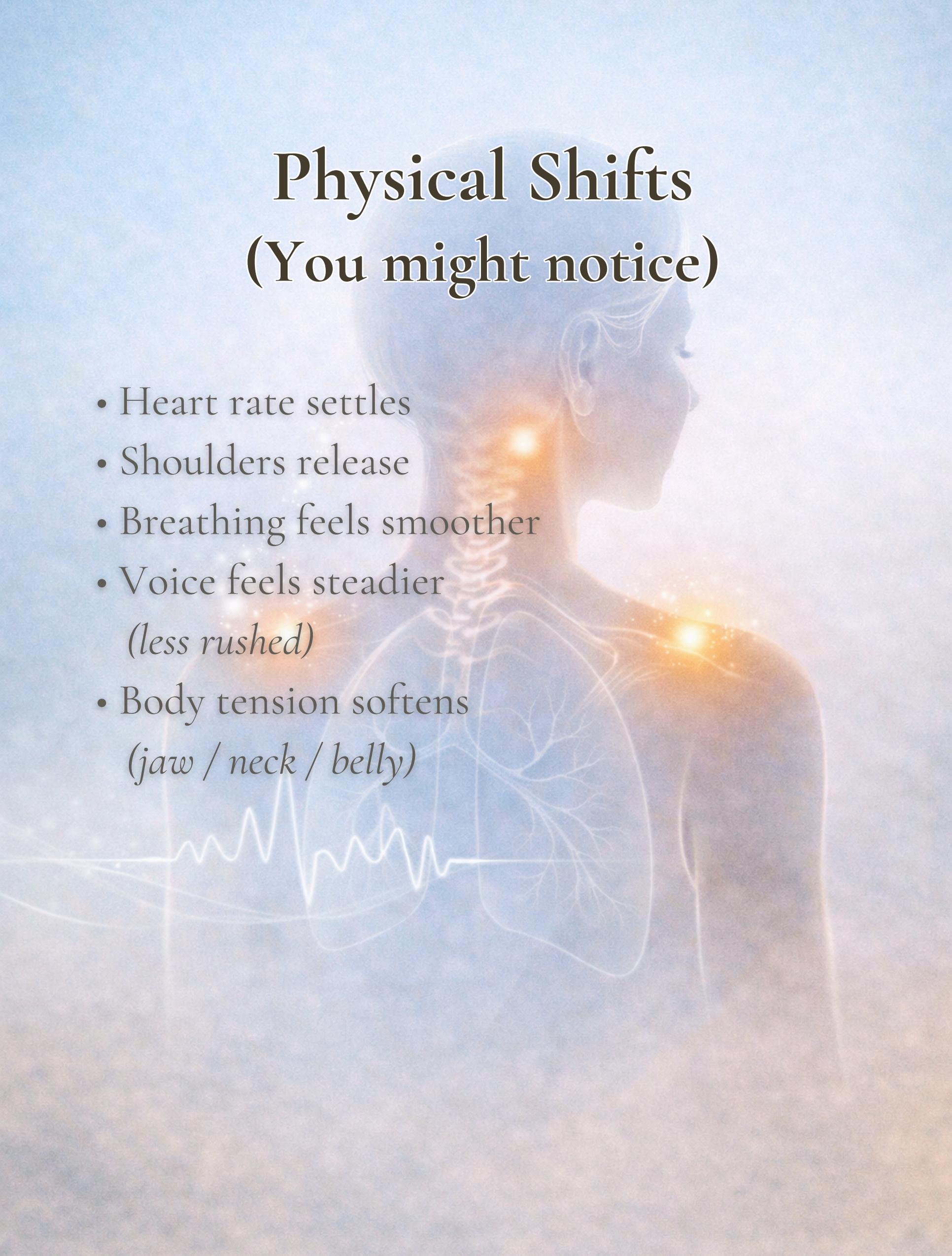
## (You might notice)



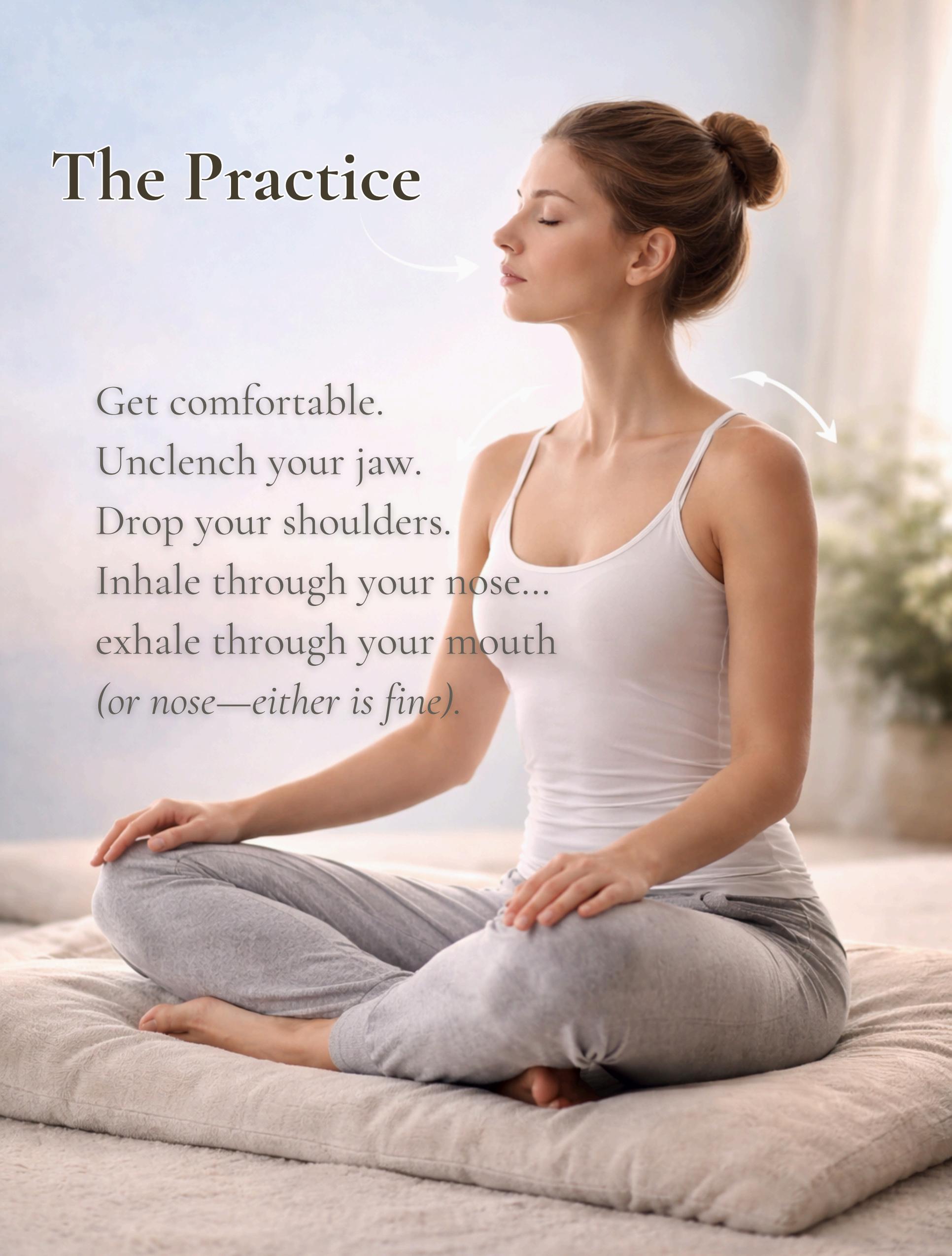
- Calmer mind
- Less overthinking
- Easier focus
- Steadier mood
- More present, more grounded

# Physical Shifts (You might notice)

- Heart rate settles
- Shoulders release
- Breathing feels smoother
- Voice feels steadier  
*(less rushed)*
- Body tension softens  
*(jaw / neck / belly)*



# The Practice



Get comfortable.

Unclench your jaw.

Drop your shoulders.

Inhale through your nose...

exhale through your mouth

*(or nose—either is fine).*

# The Pattern

Inhale

Try 4-4-6

Inhale 4

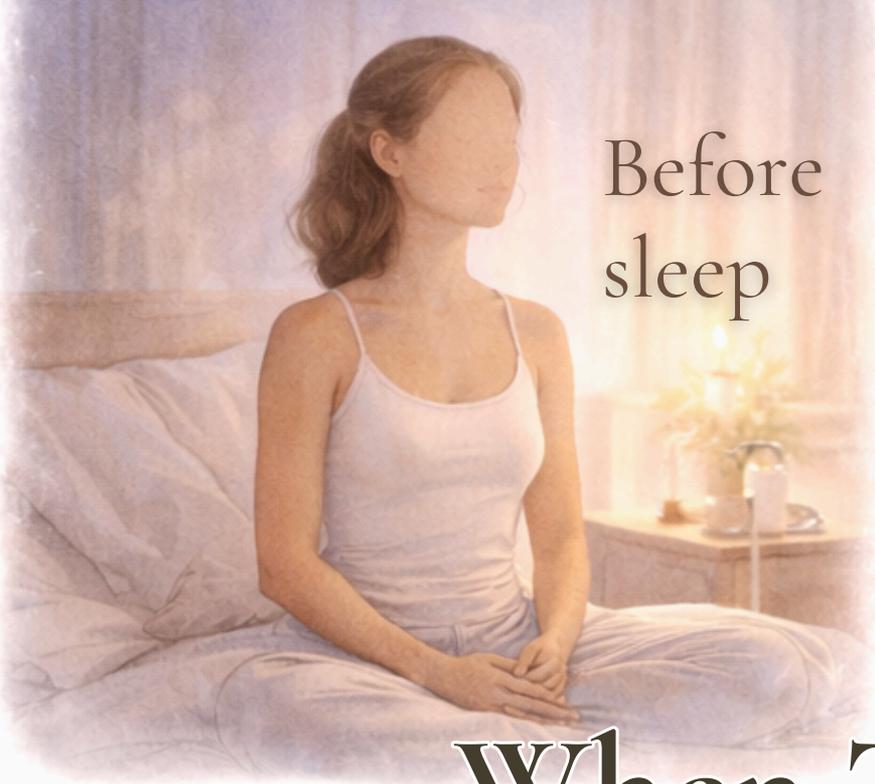
Hold 4

Exhale 6

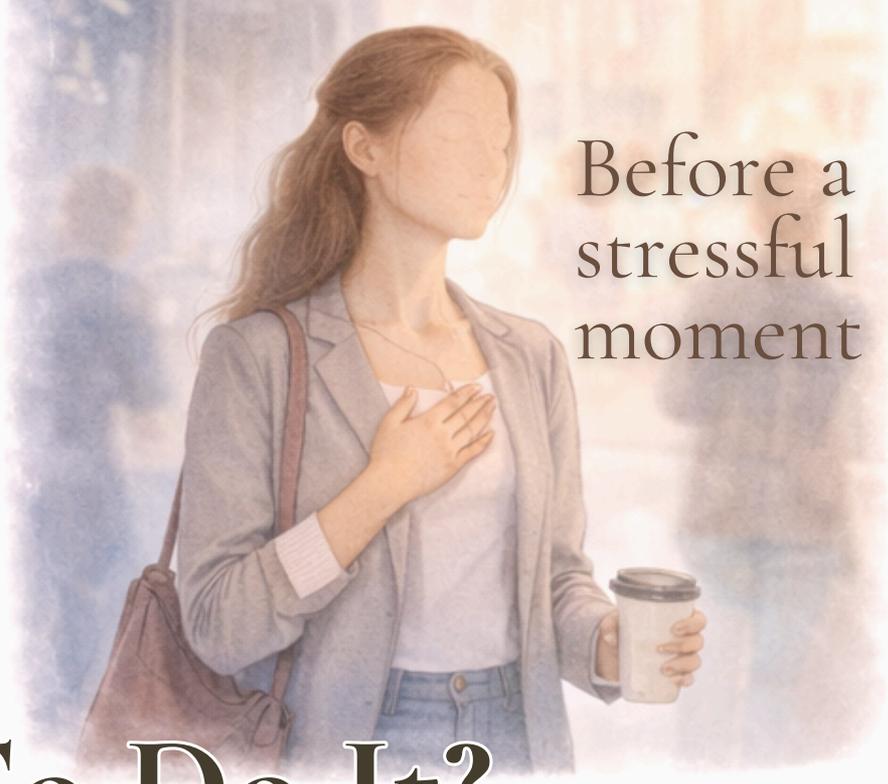
Repeat for 10 mins.

Exhale

*If that feels too long, start with 3-5 minutes.*

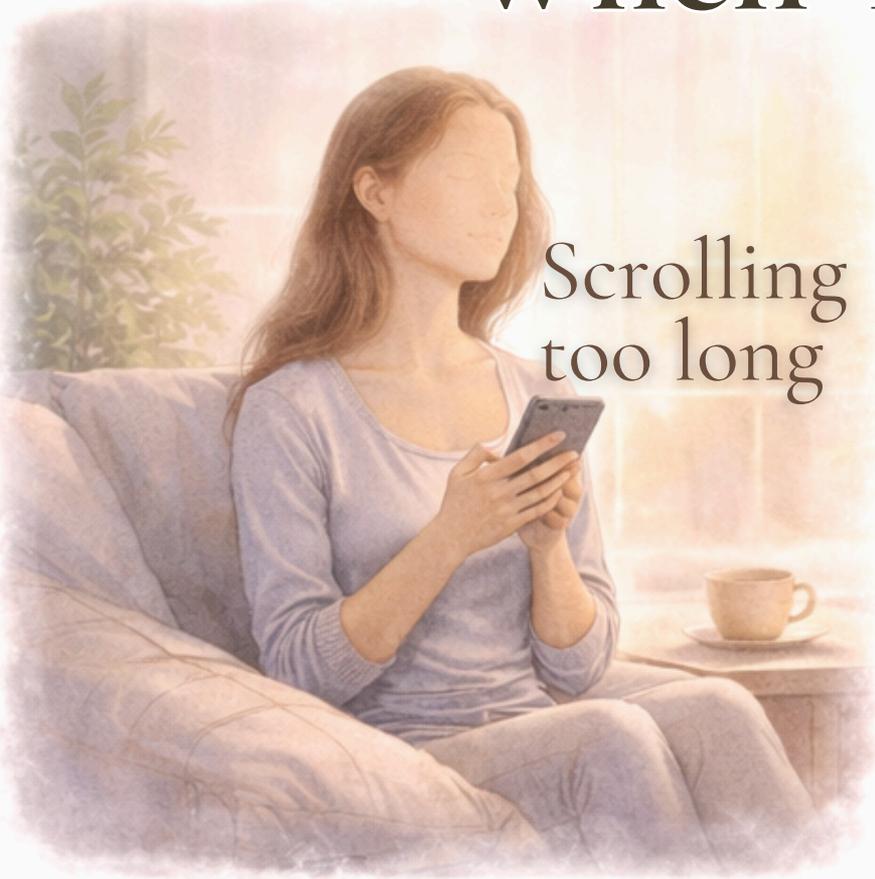


Before  
sleep

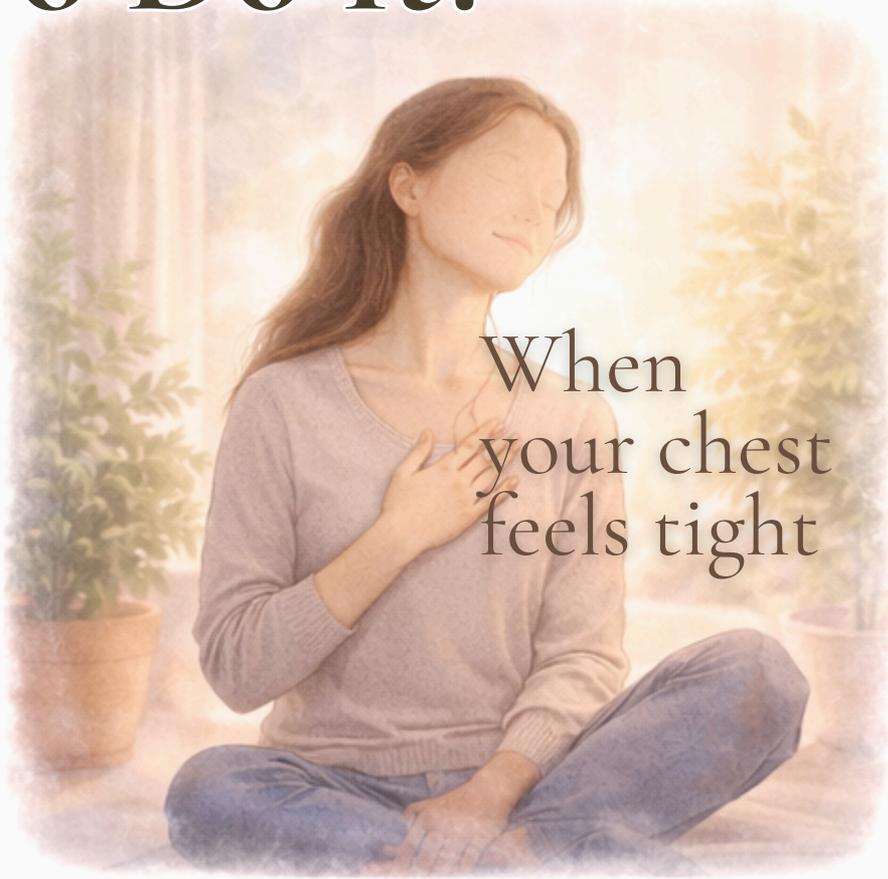


Before a  
stressful  
moment

## When To Do It?



Scrolling  
too long



When  
your chest  
feels tight



On public  
transport



Anytime  
you need  
a reset



If you feel dizzy or  
uncomfortable,  
return to normal  
breathing.

Try a shorter  
session  
next time.

Keep it soft,  
never forced.

Disclaimer: This content is for educational purposes only and is not medical advice. I'm not a medical professional. If you have a medical condition or concerns, please consult a qualified healthcare provider. @theElementofCalm